

# Under 21 Recreational

Welcome to the Auckland Diving's Under 21's recreational class. We are excited to have you here and look forward to coaching you. This document is a brief overview of what we do and what to expect.

## Class Information

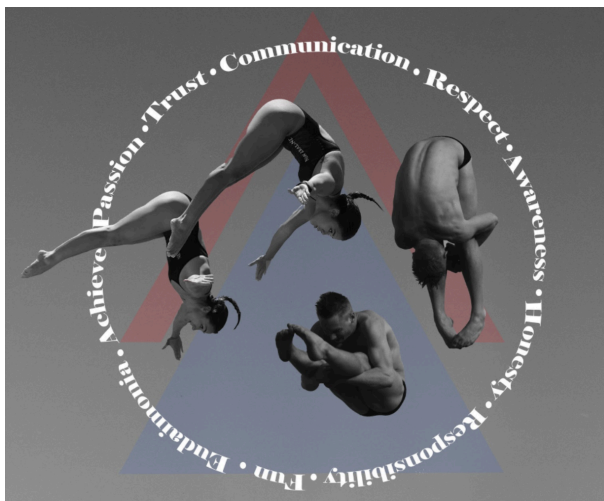
### COACHING STAFF

All coaches are here to ensure diver safety and development. All coaches are nationally qualified. You may sometimes see younger coaches taking classes, please be assured they have quite an extensive background in the sport of diving. We always have a qualified lifeguard and first aid trained member of staff on poolside. If there are more than 10 divers in a squad then divers will be assigned to separate coaches.

### WHAT TO EXPECT

All lessons at this level are 55-minute water-based classes. The focus is on learning diving moves at the pace of the individual. Our goal is to provide an activity where people can learn new skills, have fun, keep fit and be active. There is an option for divers to compete if they wish. Communication with your coach is the best way to start this process.

### VALUES



As a club, we work to a set of values. We use these values to promote a healthy working environment for all our athletes. If athlete or parent behaviour becomes an issue then a disciplinary procedure will be implemented (see below).

### TIMES

Class Timetables and information regarding any days we have to cancel or amend are noted on our website, <https://www.aucklanddiving.co.nz/page/classes/>. You are welcome to attend more than 1 class per week if you are keen.

### HOLIDAY PROGRAMMES

Holiday classes are available and coincide with the school holidays. These are a great way to increase your skill base.

### MISSED CLASSES

Missed sessions due to illness or injury can be made up on other days of that term. Make-ups are not carried over to the following term or credited. Please contact Admin to notify of absence and book a makeup to ensure there is sufficient room in a class beforehand.

### LESSON CANCELLATIONS AND CHANGES

We may have to cancel or change lessons for reasons beyond our control. This will be communicated as early in advance as possible and we encourage divers to attend makeup lessons. In the event your regular coach is unable to take your class we will ensure a replacement coach is there.

### PAYMENTS

Payment is required prior to their first class of the term. We understand that sometimes you need longer to pay, if this is the case please contact us. Termly invoices are sent. The cost will be dependent on the number of sessions you attend each week. Holiday classes are paid separately.

### DISCIPLINARY PROCEDURE

If values are not adhered to or inappropriate behaviour displayed then a verbal warning will be given in the first instance with parental advice, if the behaviour continues it will be followed by a written warning with parental meeting, a third occurrence will result in dismissal from the class.

### SOME THINGS TO NOTE

- At the pool reception, do not queue, let them know you are with diving as there is no entry fee and then proceed to the dive well (pool) to meet your coach.
- Our policy is to have a maximum of 10 divers to 1 coach, therefore some classes may have 2 coaches allocated to them.
- We ask all parents to sit in the stands. Please refrain from giving feedback or coaching your own children throughout the lesson as this can be distracting and confusing for all.
- People will develop at their own pace
- There is no requirement to jump off higher boards

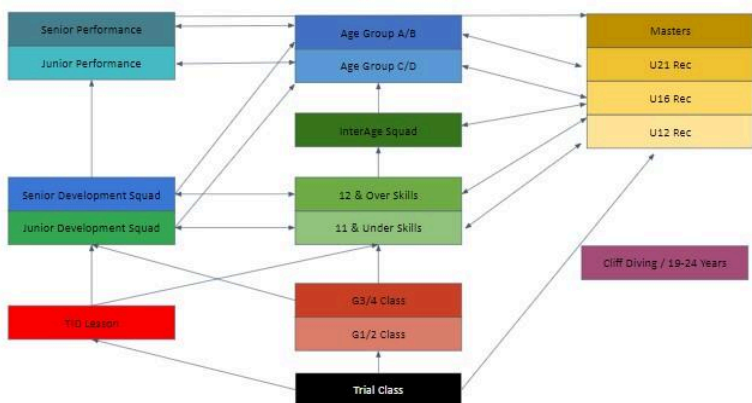
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## FEEDBACK AND CONTACT

If you have any questions on the content of the lesson, you can ask the coach directly after the lesson has finished. Sometimes coaches have back to back lessons, so this may not be possible at all times. If this is the case, please send an email to Dianne and a member of the coaching staff will get back to you. If you have any feedback on our service please get in touch, we love to hear when we have done well and obviously when we can do better! Should you ever have any questions or concerns, please do not hesitate to contact us!

## Moving on from this class

ADCT Club Structure



**Into Masters:** Divers can move into the under masters at the beginning of the year that they turn 21.

## Key Contacts

CEO - Steve Gladding: [steve@aucklanddiving.co.nz](mailto:steve@aucklanddiving.co.nz)  
Admin - Dianne Norris: [info@aucklanddiving.co.nz](mailto:info@aucklanddiving.co.nz)  
Chair of ADCT, [chair@aucklanddiving.co.nz](mailto:chair@aucklanddiving.co.nz)  
**Follow ADCT on our [website](#), [facebook](#) and [instagram](#)!**

For more information about Auckland Diving and how the clubs work please click the link to our home page and scroll to the bottom

<https://www.aucklanddiving.co.nz/>